


SENIOR COMMUNITY CAFÉ CALENDAR-CONGREGATE AUGUST, 2006



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
		1	Six Bean Soup Cold Sliced Ham Potato Salad Collard Greens White Bread/Saltines Applesauce	2	Swedish Meatballs. Parslied Noodles Bias Cut Carrots Marble Rye Bread Banana Cream Pie Tart w/ Topping	3	NATIONAL WATERMELON DAY! Orange Juice Lightly Breaded Cod Rice w/ Mushrooms Spinach Tartar Sauce Wheat Bread Fresh Watermelon	4	Cranberry Juice BBQ Chicken Quarter Homestyle Macaroni Salad Corn on the Cob Buttermilk Biscuit Special Dessert
7	Apple Juice American Chop Suey Garden Salad w/ Ranch Dressing White Bread Fruit Festival	8	Stuffed Cabbage w/ Tomato Sauce Parslied Boiled Potatoes Prince Edward Isle Vegetable Blend Marble Rye Bread Fruit Tart w/ Topping	9	NATIONAL RICE PUDDING DAY! Apricot Nectar Homemade Turkey Pot Pie w/ Puff Pastry Top Green Beans Biscuit Rice Pudding w/ Topping	10	Pineapple Juice Roast Pork Loin w/ Gravy Sweet Potatoes Peas & Pearl Onions Rye Bread Nectarine	11	Vegetable Soup Seafood Salad on a Croissant Oven Roasted Potato Wedges Capri Blend Vegetables Saltines Fruit Cocktail
14	Boneless Chicken w/ Artichoke & Sundried Tomatoes Fiesta Rice Peas White Bread Pineapple Tidbits	15	NATIONAL LEMON MERINGUE PIE DAY! Apple Juice BBQ Pork Ribs on a Roll Tater Tots / Ketchup Cucumber, Tomato and Onion Salad Lemon Meringue Pie	16	Orange Juice Pot Roast w/ Vegetable Gravy Baked Potato Brussel Sprouts Whole Wheat Bread Fresh Fruit	17	Corn Chowder Sole Florentine White & Wild Rice Sicilian Style Blend Vegetables Tartar Sauce Wheat Bread/Saltines Sliced Peaches	18	Roast Turkey w/ Gravy Sweet Potato French Cut Green Beans Cranberry Sauce Pumpnickel Bread Fruit Cocktail
21	Hearty Minestrone Soup Vegetable Cheese Lasagna Garden Salad w/ Dressing Italian Bread/Saltines Parmesan Cheese Sliced Pears	22	Orange Juice Salisbury Steak w/ Mushroom Gravy Scalloped Potatoes Mixed Vegetables Wheat Bread Fresh Peach	23	Grape Juice Chicken Patty on a Roll Leaf Lettuce & Tomato Mayonnaise Pineapple Coleslaw Fruit Festival	24	Roast Pork w/ Gravy Baked Sweet Potato Broccoli Cuts Dinner Roll Applesauce	25	Cranberry Apple Juice Stuffed Salmon w/ Newburg Sauce Mushroom Rice Green & Waxed Beans Whole Wheat Bread Fresh Fruit
28	Apple Juice Breaded Pork Steak w/ Gravy Mashed Potatoes Broccoli & Cauliflower Marble Rye Bread Fresh Fruit	29	Cranberry Apple Juice Catch of the Day Potato Salad Prince Edward Isle Blend Vegetables Tartar Sauce Rye Bread Peach Shortcake w/ Topping	30	Grape Juice Oven Fried Chicken Homestyle Macaroni & Cheese Collard Greens Corn Muffin Melon Wedge	31	Pineapple Juice Spaghetti & Meatballs Caesar Salad w/ Caesar Dressing Parmesan Cheese/Croutons Italian Bread Fresh Fruit **SUNDAE SOCIAL**		
								Elderly Nutrition Program meals are served Monday – Friday to persons and their spouses' 60 years of age or older. All meals are served with bread and butter, coffee and/or tea and milk. DONATIONS: \$2.00 (or what ever you can afford).	